

To The Victoria Women's Educational Association.

Madam President:

The work in our gymnasium goes steadily on. We have a band of faithful students who are doing a great work while. The classes meet every morning at seven o'clock. On Wednesday mornings at seven, immediately after dinner, we have started a class for after-dinner exercises. In this class we teach Swedish work including the Swedish Folk dances. This is followed by a class in fencing and some work in deportment. We are also arranging, now that the skating is done, for two five o'clock gym sessions to prepare for the inter-collegiate games in basket ball and centre ball.

We are paying particular attention to individual development and our girls are working for height of body, breadth and depth of chest, straightening of knees and elbows. The first period of the morning session is prefaced by this remedial and building-up process, followed by deep breathing, and then fifteen minutes of good vigorous exercise followed by a period of relaxation and breathing to bring the heart back to a normal beat.

Miss Wreyford asked to be relieved of her share of the work after Christmas and since then I have had the very competent assistance of Miss Hamilton, late of the Kingston Y. W. C. A., a gentlewoman that knows her work and how to teach it.

Respectfully submitted,

E. Scott Ruff.

To The Victoria Women's Educational Association.

Madam President:

In response to a petition signed by thirty of our girls that Mrs. Raff teach in the gymnasium, they agreed to attend early morning classes at seven o'clock.

Among this number are faithful students who are always there and are doing conscientious work in class and theory. Wednesday evenings at seven we have a class for after dinner exercises followed by a class in Fencing. Every Saturday morning there are classes in Physiology, Hygiene and Swedish Theory at the Margaret Eaton School of Literature and Expression. These classes are open to our students and those who have registered for diploma course are taking this work.

Signed

E. Scott Raff.



Annesley Hall
Queens Park
Toronto

Nov 1409

→ Mrs Raff reports large and enthusiastic classes in the gymnasium. She is insisting on regular attendance at least three times a week, and those who do not attend the requisite number of times ^{are required to} must give the reason why.

Jan 1910

To The Victoria Woman's Residence Association:

Madam President:

The students have returned in fine condition, mental and physical, and have brought with them the customary New Year's resolve regarding the gymnasium. We have a very enthusiastic band of players who are practising Basket Ball. The play element seems to be the one we must cater to at this season of the year. During the skating season our classes will not be so large, thereby giving us a chance to do remedial work and give some very necessary individual instruction.

According to your desire, I have been giving a talk on Deportment and After-dinner exercise to the first and second year students on Thursday evenings of each week. The girls appear to be very grateful for these talks and besiege me with all sorts of questions. The senior students have promised their hearty co-operation in the matter of example, if I let them into the secret of the "don'ts". The Dean has promised to supply me with detail as to the need.

With the hope that the year may be of value to the bodies and the souls of our women students.

(Signed)

Emmeline Roff



March 9. 1910

29- Full Examinations
31 Partial "

Six periods each week
Five at Amesley Hall
one at South Hall

over-

- Mr. Raff reports that Dr. Davis said that the pulse of the ~~ball~~ incoming student body had never been so good, & that the incoming class had a higher play. standard than any previous one.

To The Victoria Women's Residence Association.
Under President:

In our work this season I have tried to think of individual development more than in former years. In looking over Dr. Davis' charts I found on almost every card: General health good; does not tire easily; carriage not very good; not very well developed. On others: General health good; constipation; bilious attacks sometimes. General health good; nervous headaches; hollow between spatulae; carriage not good; and on another chart: Father's two brothers and two sisters and father's father died of tuberculosis of lungs. Mother's two brothers died of tuberculosis of throat; general health good but not strong during last few years. These are things that a gymnasium director thinks of as she sees her students.

There is a great big question in my mind about way two girls occupying the same room as I read and study these charts. Science tells us you cannot inherit disease; but that you do inherit a tendency, and that these may be overcome if the environment and life be right.

Our girls here daily demonstrate their influence, mental, moral and physical, on each other, but more noticeably is this influence upon their particular associates and room-mates. From these charts we have had to deal with the class with chronic constipation, the class with headaches, and the class with sluggish livers.

We have five little girls very eager to grow and by the rule of anthropometry four of them should have grown taller. They have been regularly stretched and the process has been life-giving no believe. We cannot force human muscles in a day, ^{or a month} so will report on these cases later on.

Our classes till Easter have been well attended. We have had a great interest in bucket-ball but not any very scientific playing as demonstrated by the defeat of our Club when playing with St. Hilda's and St. Andrew's clubs.

The work in deportment has not been satisfactory. In the beginning of the season, I started after-dinner lectures on deportment to have such reports as "The Seniors do so-and-so." The Seniors were consulted and asked to co-operate in this work and an outline given of things that we must be careful not to do, and of others that we must very carefully observe, as they do in other well-regulated families. With one or two exceptions we have had no help from the

seniors. They are constantly breaking these unwritten laws.

In our graduating class we have only three girls who have any genuine interest in athletics or physical culture. Miss Hickey, I must mention, has been a constant help to me and she goes out of this home demonstrating three-fold development. The students of South Hall have been the most faithful attendants to the classes. Miss Hamilton has proved true and I believe we have found in her a very desirable assistant.

There is much to be done. No little one can see being done that each year I seem to have failed but I have enjoyed my work with the girls and enjoyed my life in residence as never before.

Emmalcott Peff.

April 14th 1910

To The Board of Management of Annesley Hall.

Dear residents:

The students of Annesley and South Falls have all been examined by Dr. Macdurey and she reports that most of the students are in good health. Tendencies toward curvature (discovered by Dr. Davis during the two previous years) are being corrected. We find that five of our students who were work-

ing for height have gained from one-half inch to one and one-half inches. Classes are arranged as follows for the coming season, subject to change: Monday at nine o'clock - ^{P.M.} Junior work for in-

coming students. After the class, special work is given in curative and corrective work by individual instruction.

Tuesday at five o'clock - ^{10 M.} Work in games, basket-ball and Swedish. At ^{P.M.} nine o'clock senior Swedish and apparatus.

Wednesday at eight-thirty o'clock - Swedish theory; at nine o'clock aesthetics for all years.

Thursday at seven-fifteen, practical work in After-linner exercise and deportment.

Friday at five o'clock - games and Swedish.

Saturday mornings at nine-thirty o'clock - the lectures in Physiology and Hygiene as applied to Exercise, given at the Margaret Cohen School by Dr. Maria Gray are open to our students, free of charge.

In addition to these classes special classes have been arranged for ticket women students not in residence at Annesley Hall, or South Hall, to begin next Tuesday at four-thirty o'clock.

Respectfully submitted,

Edwin Raff



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